

Sweet Potato Nachos



Ingredients:

- 3 medium sweet potatoes (makes about 6 cups of rounds)
- 1 T. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 ½ tsp. paprika
- 1/3 cup black beans, drained, rinsed
- 1/3 cup reduced-fat shredded Cheddar cheese
- 1/3 cup no-salt-added, canned diced tomatoes, drained, rinsed
- 1/3 cup chopped avocado

Directions:

1. Preheat the oven to 425 degrees F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (may need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.